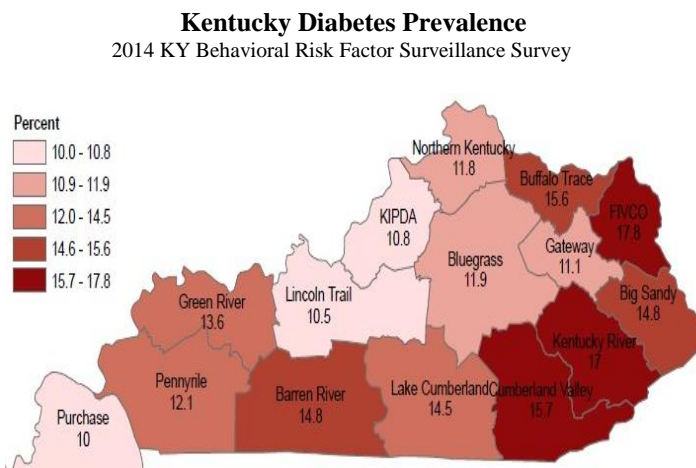


2016 KENTUCKY DIABETES FACT SHEET

DIABETES: A Public Health Epidemic

Diabetes is **COMMON** in Kentucky

- ◆ Data from the Kentucky Behavioral Risk Factor Surveillance Survey (BRFSS) show that from 2000 to 2014, diagnosed diabetes among adults has nearly doubled from 6.5% (198,052) to the current rate of 12.5% (424,670 or 1 in 8 adults).
- ◆ Based on data from the Centers for Disease Control and Prevention (CDC), an additional 138,000 adult Kentuckians are estimated to be living with undiagnosed diabetes.¹
- ◆ More than 3,000 children and adolescents are estimated to have diabetes in the Commonwealth.
- ◆ Based on CDC estimates, as many as 1 in 3 Kentucky adults (37% or 1.1 million) have prediabetes;¹ but only 8.6% (248,218) report having been diagnosed. (2014 BRFSS)



Diabetes is **SERIOUS** in Kentucky

- ◆ Kentucky has the 12th highest diabetes mortality rate in the nation.² In Kentucky, diabetes is the 7th leading cause of death by disease overall, and 5th leading cause of death by disease for African Americans. (2013)³
- ◆ Diabetes is associated with complications that threaten both length and quality of life such as blindness, kidney failure, lower-limb amputation, heart disease, stroke and ketoacidosis.
- ◆ Over 40% of hospital visits for cardiovascular disease listed diabetes as a secondary diagnosis.
- ◆ In 2013, Kentucky hospitals had 8,610 inpatient hospital discharges with a principal diagnosis of diabetes.⁴
- ◆ Kentucky 2013 inpatient hospital discharge data shows the most frequent reasons for hospitalization with diabetes as the principal diagnosis were diabetic ketoacidosis or DKA and hypoglycemic manifestations.⁴ In other words, dangerously high or dangerously low blood sugar levels.
- ◆ People with diabetes are more likely to have other serious chronic conditions as shown in the table below:

| Diabetes Status and Co-existing Conditions or Behaviors | | | | | | |
|---|----------------------|-------------------|-----------|---------|----------------------------|--------------------------|
| 2013 and 2014 Kentucky Behavioral Risk Factor Surveillance System | | | | | | |
| Diabetes Diagnosis | High Blood Pressure* | High Cholesterol* | Smoking** | Obese** | No Leisure Time Activity** | Coronary Heart Disease** |
| Has Diabetes | 76.7% | 70.7% | 22.4% | 55.6% | 45.5% | 16.2% |
| No Diabetes | 34.6% | 39.1% | 26.4% | 28.1% | 25.6% | 4.6% |

*2013 data –item not included 2014 survey; ** 2014 data

Diabetes is **COSTLY** in Kentucky

- ◆ The American Diabetes Association (ADA) estimates that diabetes cost Kentucky \$3.85 billion in total medical costs, lost work and lost wages. (2012)⁵
- ◆ Highest per member cost and total cost for any chronic disease in the Kentucky Medicaid population. (2013)⁶
- ◆ Second most costly chronic condition for both active members and early retirees in the Kentucky Employee Health Plan (KEHP) population. (2013)⁶
- ◆ People with diabetes nationally have costs 2.3 times higher than would be expected in its absence. (2012)⁶

Diabetes is CONTROLLABLE and in some Cases PREVENTABLE in Kentucky

- ♦ It has been proven that structured lifestyle modification programs such as the National Diabetes Prevention Program can prevent or delay type 2 diabetes when prediabetes and/or other risk factors are present. Key targeted outcomes for the program are increased physical activity and a 5-7% weight loss.
- ♦ Current scientific evidence demonstrates that much of the sickness and death from diabetes can be prevented, delayed or significantly reduced. Aggressive treatment to manage A1C, blood pressure, cholesterol and smoking cessation is critical to reduce risk factors for heart disease, stroke and other diabetes-related complications. Routine health care team visits, self-management education, appropriate clinical and self-care practices and ongoing support are also important management components.
- ♦ Unfortunately, a wide gap still exists between current and desired diabetes clinical and self-care practices as noted below:

| Clinical and Self-Care Measures - Kentucky Behavioral Risk Factor Surveillance Survey (Most current data available as of November, 2015) | | | | |
|--|----------------|----------------|----------------|------------------|
| Indicator Within past year unless otherwise noted | 2011 KY | 2012 KY | 2013 KY | 2013 U.S. |
| Health insurance | 91.5% | 88.7% | 90.9% | NA |
| Seeing a health professional for diabetes > 1 time | 87.6% | 84.7% | 88.8% | 89.6% |
| Having taken a course or class in diabetes self-management ever | 47.3% | 49.0% | 49.6% | 51.3% |
| A1C test checked > 1 time | 84.0% | 80.8% | 89.2% | NA |
| A1C test checked > 2 times | 74.4% | 73.4% | 74.5% | 78.6% |
| Retinal or dilated eye exam | 65.7% | 61.0% | 65.2% | 62.2% |
| Professional foot exam | 64.7% | 67.2% | 72.1% | 73.0% |
| Flu shot | 61.2% | 56.3% | 58.3% | 53.6% |
| Pneumonia shot ever | 61.4% | 57.4% | 62.1% | 55.6% |
| Self-foot exam daily | 68.3% | 63.6% | 67.9% | 70.7% |
| Self-blood glucose monitoring daily | 68.9% | 63.3% | 69.7% | 70.4% |

| Indicator Within the past year | 2012 Anthem, Coventry, Humana, Passport Claims for KY-Kentuckiana Health Collaborative Consolidated Measurement Report | 2013 Uniform Data Submission for KY Federally Qualified Health Centers | 2014 HEDIS for KY Medicaid Claims with Anthem, Coventry, Humana, Passport and WellCare | 2014 KY Medical Office and Hospital Insurance Claims for Type 2 Diabetes – Managed Care Digest Series |
|--|---|---|---|--|
| A1C test checked 1 or more times | 89% | NA | 86.7% | NA |
| A1C poor control > 9% | 13%* | 30.5% | 41.0% | 17.5% |
| A1C control < 8% | 75%* | 57.3% | 49.7% | 67.9% |
| A1C control < 7% | NA | 38.4% | 38.7% | 46.3% |
| Blood pressure control < 140/90 mm/Hg | NA | 64.4% | 57.5% | NA |

* These measures only include patients who received the listed test and whose most recent lab values are present in health plan data. This differs from HEDIS specifications.

Data References

- Centers for Disease Control and Prevention (CDC). National Diabetes Statistics Report, 2014. <http://www.cdc.gov/diabetes/home/index.html>
- CDC, National Center for Health Statistics. Diabetes Mortality by State: 2013. <http://www.cdc.gov/nchs/pressroom/sosmap/diabetes.htm>
- CDC, National Center for Injury Prevention and Control, 2014. http://www.cdc.gov/injury/wisqars/fatal_injury_reports.html
- Kentucky Cabinet for Health and Family Services. Kentucky Inpatient Hospital Discharge Data 2013.
- Economic Costs of Diabetes in the U.S. in 2012. The American Diabetes Association. <http://care.diabetesjournals.org/content/early/2013/03/05/dc12-2625.full.pdf+html>
- Kentucky Department for Public Health. 2015 Kentucky Diabetes Report.
- Kentuckiana Health Collaborative 2013 Consolidated Measurement Report for Kentucky. <http://www.khcollaborative.org/>
- Human Resources & Services Administration. 2013 Health Center Data. <http://bphc.hrsa.gov/uds/datacenter.aspx?year=2013&state=KY>
- Kentucky Department for Public Health and CDC. Kentucky Behavioral Risk Factor Survey Data. 2013 and 2014.
- Kentucky Department for Medicaid Services, Comprehensive Evaluation Summary of the Commonwealth of Kentucky Strategy for Assessing and Improving the Quality of Managed Care Services. June 2015.
- Managed Care Digest Series. Type 2 Diabetes Data Brief for 2015: Kentucky. <https://www.managedcaredigest.com/default.aspx>

